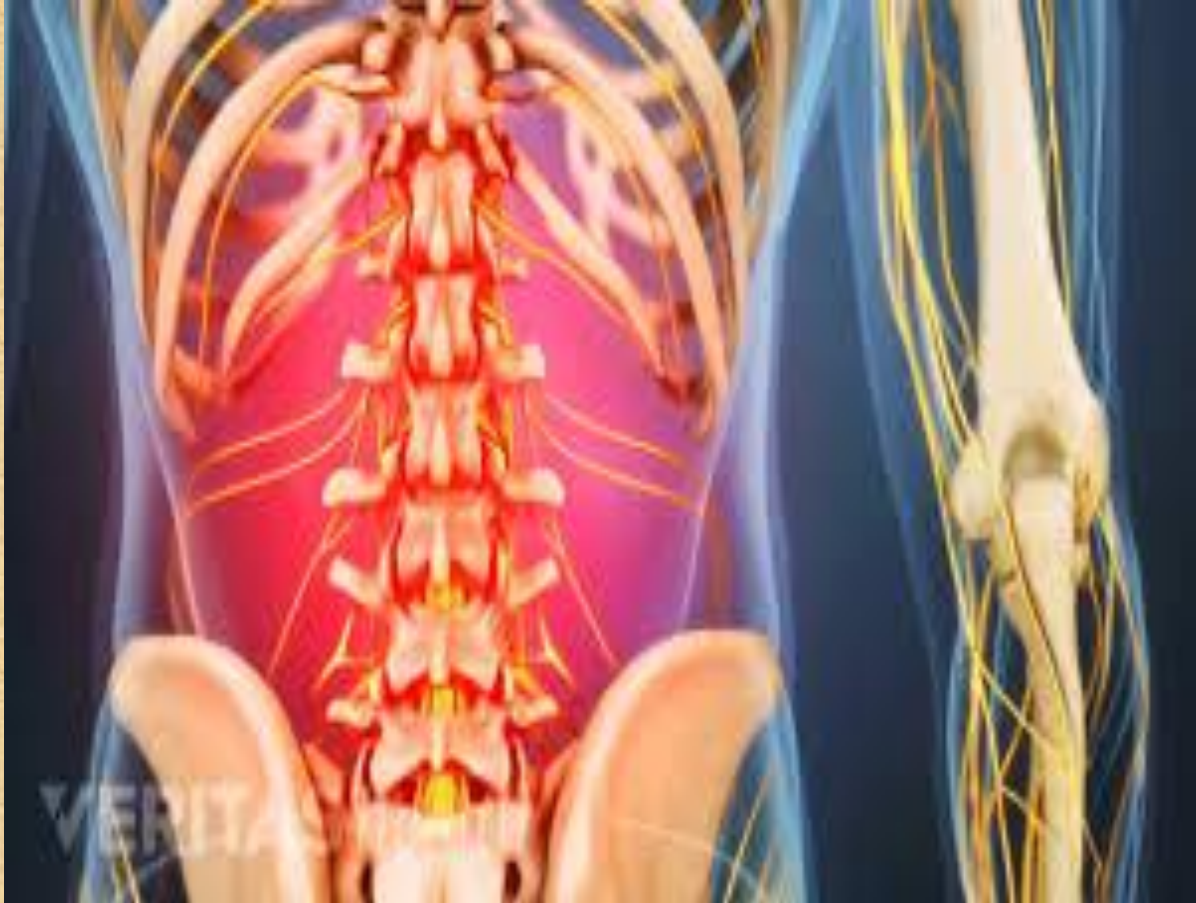


**Bone diseases**  
**Tib e Ahlebait a.s**  
**Author: Syed Mustafa Kazmi**



**03445013241**  
**Ahlebaitstore.com**

## **Dedication**

We are thankful to Allah Almighty that he has given us the opportunity to share Tib e Ahlebait with Momineen and Mominat and with the whole world. We are gifting this struggle to the mother of Imam Hassan a.s and Imam Hussain a.s the beloved daughter of prophet Muhammad P.B.U.H and wife of Imam Ali a.s Hazrat Fatima a.s and Imam Mehdi a.s. May Allah give us more tofiq to spread Tib e Ahlebait everywhere to fulfil our promise with Imam Mehdi a.s. May Allah accept this struggle, Ameen. We request to all Momineen and Mominat to pray for us that Allah help us in this way to bring a revolution in the world by Tib e Ahlebait. Ameen





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## Bone diseases

### Ahadith:

#### Prophet Muhammad P.B.U.H said:

1. Meat+ sawiq+ milk grows muscles strengthens the bones and increases eyesight and hearing.
2. Eat meat along milk it strengthens the bones. (lamb's meat +Milk)

(Da'aim ul Islam vol 2 pg 145)

#### Imam Ja'far e Sadiq a.s said:

1. Eat sawiq along olive oil it builds muscles softens the skin strengthens the bones and increases generic power.
2. Sawiq e sinjid (Russian olives) strengthens the bones, brightens the skin, cleanses the stomach, keep kidneys warm,

prevents from piles, leprosy and  
strengthens the legs and feet.

(Al Kafi vol 6 pg 361)

3. Sawiq build ups muscles on bones and  
strengthens the bones.

(Usool e kafi vol 6 pg 305)

4. Sawiq is made by revelation.

(Al Kafi vol 6 pg 305)

5. Drink milk, it strengthens the bones.

(humaan pg 492)

### **Imam Musa e Kazim a.s said:**

1. If sawiq is washed for 7 times it is the cure  
of fever. It strengthens the feet and  
ankles.

(Wasail ush Shi'a vol 17 pg 60)

2. Imam suggested a person who  
complained about Rheumatic arthritis to  
have hand full of fenugreek leaves and



dried figs, boil and drain them and have that water once in two days.

(Usool e Kafi vol 8 pg 191)

### **Imam Ali Raza a.s said:**

1. Eat figs it eliminates bad breath, strengthens the bones, prevents hair fall and cure all diseases.

(Al Mahasin vol 2 pg 554)

2. Eat Beetroot leaves it builds the bones and muscles.

(Humaan pg 519)

3. Eat broad beans it strengthens legs.

(Al Mahasin vol 2 pg 509)

### **Causes of bones' weakness:**

1. Potash

Imam Ja'far e Sadiq a.s said:

Eating potash weakens the knees and spoil the sperm.

(Al khisal pg 55)

## 2. Long hairs

### Imam Musa e Kazim a.s said:

Don't let your hair be long it spoils sperm, weakens joints and causes weakness and laziness.

(Mustadrak ul Wasail vol 2 pg 65)

### Hypocalcemia

**Hypocalcemia** is a condition in which there are lower-than-average levels of calcium in the liquid part of the blood, or the plasma. Calcium has many important roles in your body: Calcium is key to the conduction of electricity in your body.



## **Symptoms:**

1. Numbness in fingers
2. Brittle nails
3. Muscle spasm
4. Insomnia

In case of hypocalcemia a person can't sleep because body don't release the chemical named melatonin.

### **5. Vitamin D deficiency**

For the absorbance of calcium, the vitamin D is essential so in case of deficiency of one of them it affect another as well. So the person should take nutrition like wheat, milks, and juice etc. and take sun light it is useful as well

### **6. Lessen heartbeat**

## **Cure with Tib e Ahlebait a.s:**

1. Sawiq e Sinjid
2. Daroo e ustukhwan saz



3. Beetroot leaves
4. Figs+ milk
5. Daroo e Ban

### **Spinal Cord injury due to accident or trauma etc.**

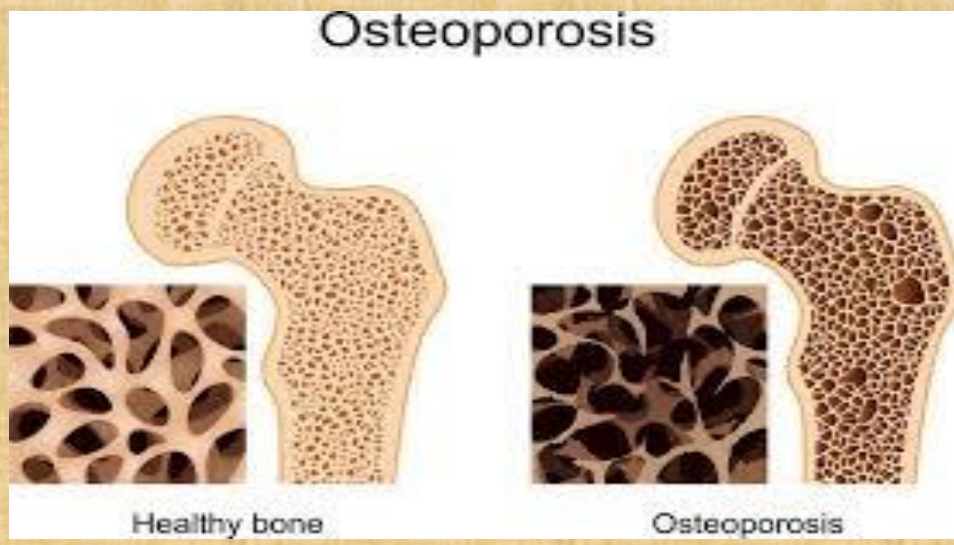
#### **Cure:**

1. Violet + sesame oil in nose
2. Jame'+ marjoram water in nose 2 drops
3. Shafia
4. Daroo e Hazrat Muhammad s.a.w.w
5. Olive oil+ salt+ sesame oil+ massage for 40 days
6. Sawiq e Jo
7. Sawiq
8. Lamb's meat cooked in cow's milk

#### **Avoidance:**

1. Vinegar
2. Vegetables
3. Fish meat

## Osteoporosis



## Symptoms:

1. Joints' and bones' pain
2. Fatigue
3. Loss of appetite
4. Bone breakage by simple injury
5. Weak and fragile bones
6. Calcium and vitamin D 's deficiency

## Cure:

1. Sawiq e Sinjid
2. Sawiq e jo
3. Sawiq Gandum
4. Ustukhwan saz
5. Daroo e ban
6. Beetroot leaves
7. Figs
8. Ginger
9. Taking sunlight
10. Milk

Imam Ja'far e Sadiq a.s said:

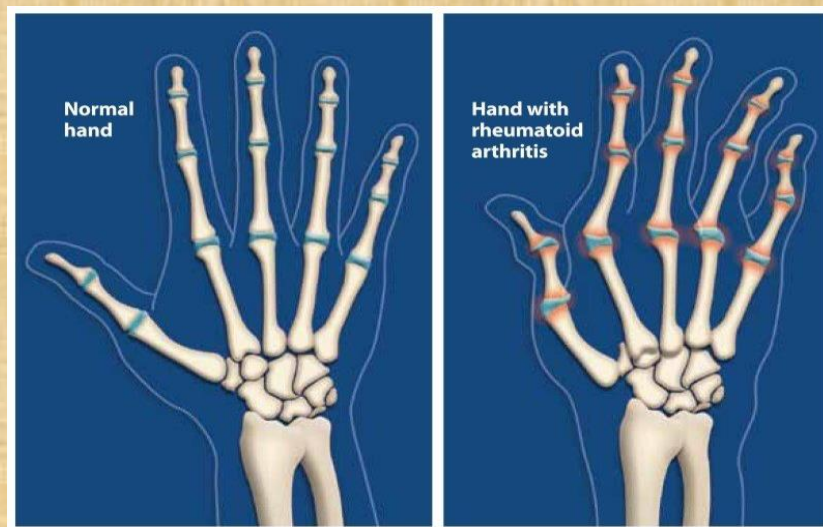
Eat sinjid, it strengthens bones and build muscles.

(Usool e Kafi vol 6 pg 361)



## Rheumatic Arthritis

Rheumatoid arthritis is an autoimmune condition, which means it's caused by the immune system attacking healthy body tissue. Immune system normally makes antibodies that attack bacteria and viruses, helping to fight infection. A chronic progressive disease causing inflammation in the joints and resulting in painful deformity and immobility, especially in the fingers, wrists, feet, and ankles.



### Causes:

1. Plums
2. Cold foods
3. Increase body fluids level

## **Symptoms:**

1. Joint pain
2. Joint swelling
3. Joint tightness especially at morning
4. Tiredness
5. Swelling of small joints
6. Swelling and inflammation of the joints of hands and feet
7. Blood deficiency
8. Fatigue
9. Remedied nodules
10. Eye dryness, pain and burning
11. Mouth dryness, kidney disorder
12. Inflammation of gums

## **Cure:**

1. Ustukhwan saz
2. Turaifel

3. Pomade e mufassil
4. Daroo e rheumatism
5. Eat dates at night
6. Figs+ fenugreek leaves tea once in two days

### **Imam Ja'far e Sadiq a.s said:**

Eat sour green plums it eliminates bile and decreases heat level. But don't eat too much it creates moisture in joints and bones.

(Usool e Kafi vol 6)

### **Beneficial foods:**

1. Eat hot temperament foods (Tib e Sunnati) as
2. Carom
3. Fenugreek
4. Dates
5. Walnuts
6. Ginger
7. Almond
8. Cinnamon



9.Cumin

10. Honey

Things to avoid:

1.Bitter cord

2.Zucchini

3.Lettuce

4.Black plums

### Bones weakness and pain

#### Cure:

1. Beetroot leaves
2. Pure Milk
3. Figs
4. Cheese+ walnut
5. Fenugreek
6. Dates
7. Russian olives
8. Sawiq e Gandum
9. Sawiq e sinjid
10. Sawiq e jo

11. Meat
12. Organic salt
13. Broad beans
14. Watermelon seeds
15. Olive oil massage
16. Noorah
17. Oleo oil

### **Medicines in Tib e Ahlebait:**

1. Jame' Imam Raza a.s
2. Daroo e ustukhwan saz
3. Qurs e khoon
4. Sharbat e zabib Rizvi
5. Foods which are good for blood deficiency
6. Daroo e khoon saz
7. Maqal arzuq

### **Causes:**

1. Old meat
2. Avoidance with sunlight

3. Phlegm
4. Green and black tea
5. Blood deficiency
6. Cold foods
7. Pickles
8. Yeast
9. Change in lifestyle
10. Fined flour
11. Cold drinks

### **Beneficial foods to increase height**

1. Beetroot leaves
2. Sawiq e sinjid
3. Daroo e ustukhwan saz
4. Sawiq e Gandum
5. Sawiq e jo
6. Cupping of back of ears
7. Milk
8. Lamb's meat cooked in cow's milk



## Swelling and pain of legs and knees

### Causes:

If the pain occurs in one leg or knee it is due to the fluid or due to the rubbing and touching of joints with each other.

### Treatment:

1. Daroo e shaitraj
2. Daroo e ustukhwan saz
3. Daroo e Turaifel

And if pain and swelling occurs in both the legs it is due to kidney disorder and the kidneys can't eliminate the body fluid thoroughly.

### Treatment:

1. Daroo maskhan (Walnut+ carom)
2. Murakkabe 4
3. Jame' Raza a.s

4. Daroo shaitraj
5. Daroo Turaifel
6. Ginger juice
7. Russian olives

The pain of both the knees can be the reason of old injury, infection, joint space or may be due to the marrow deficiency between the joints and due to high uric acid level.

**Treatment:**

1. Daroo e shaitraj
2. Ustukhwan saz
3. Sawiq e sinjid
4. Imam Raza a.s syrup

Take kidney medicines in case of kidneys disorder.

## **Back pain or Disc**

The distance between vertebrates created and the causes are blood clotting between them, wearing high heels, heavy weights, overeating, holding something without bending sitting for long time on one side.

### **Treatment:**

1. Sleep on floor
2. Cut all nails of hands and feet and tie up them on the pain area
3. Massage with olive oil for about 3 days and take sun bath with back for 15minutes
4. Hot showers
5. Eat Chickpeas
6. Cupping of last vertebrate



7. Eat figs
8. Eat fenugreeks
9. Sawiq e jo

### **Medicines in Tib e Ahlebait a.s:**

1. Daroo e ustukhwan saz
2. Daroo e Ibne Mas'ood
3. Jame' + chickpea water
4. Sawiq e Sinjid
5. Sawiq e jo
6. Murakkabe 4
7. Daroo e Lakhta e khoon (In case of blood clotting)

### **Beneficial foods:**

1. Almond oil
2. 21 raisins early in the morning and 1tsp peganum harmala with warm water
3. Yellow myrobalan+ honey+ milk

4. 7 figs daily at breakfast
5. Lamb's meat cooked in cow's milk

### Imam Ali a.s said:

For back pain put your hand on that area and recite this and seven times Surah al Qadar:

(وَمَا كَانَ لِنَفْسٍ أَنْ تَمُوتَ إِلَّا بِإِذْنِ اللَّهِ

كِتَابًا مُوَحَّلًا وَمَنْ يُرِدْ ثَوَابَ الدُّنْيَا نُؤْتِهِ مِنْهَا وَمَنْ يُرِدْ ثَوَابَ الْآخِرَةِ نُؤْتِهِ مِنْهَا وَسَخَّرْنَا لَشَاكِرِينَ)

### (Al e Imran/145)

### Narrations:

Imam Ja'far e Sadiq a.s said:

Whoever will wear his cloths in sitting position will be safe from back pain.

(Usool e Kafi vol 8 pg 125)

When the prophets complained about back pain to Allah, Allah suggested them to have wheat with meat (Haleem/soup)

(Al Kafi vol 6 pg 320)

**Imam Musa Kazim a.s said:**

Eat chlamydia's meat, it is the cure for piles, back pain and increases eroticism.

(Al Kafi vol 6 pg 313)

**Imam Raza a.s said:**

Eat chickpeas it eliminates back pain.

(Al kafi vol 6 pg 343)

**A beneficial sauce for back pain:**

Boiled chickpeas+ sesame paste+ ginger+ garlic mix them all and make a sauce. Use it daily or twice in a week Insha'Allah it will cure the back pain and prevent from back pain as well.

**Precautions:**

1. Don't lift something without bending yourself



2. Avoid high heels
3. Don't sit one-sided
4. Don't use old or frozen meats
5. Avoid lifting heavy weights

### Knee pain

Imam Baqir a.s said:

Recite this Dua after prayer:

يَا أَجْوَدَ مَنْ أَعْطَى، وَيَا خَيْرَ مَنْ سَأَلَ، وَيَا أَرْحَمَ مَنْ اسْتَرْجَمَ، ارْحَمْ ضَعْفِي، وَكَلِّدْ حِيلَتِي، وَأَعْفِنِي  
مِنْ وَجْعِي

(Usool e Kafi vol 2 pg 568 h 19)

Daroo e Shaitraj:

Imam Ja'far e Sadiq a.s said to his student  
Mufaddal:

Oh Mufaddal! Just notice that how much beneficial the herbs are. These herbs

penetrate into the joints and eliminates the toxins as 'Shaitraj'.

(Tauheed e Mufaddal pg 153)

## Sciatica

### Cure:

1. Recite this on the area where the pain is:

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ بِسْمِ اللَّهِ وَاللَّهُ أَغُوذُ بِسْمِ اللَّهِ الْكَبِيرِ وَأَعُوذُ بِسْمِ اللَّهِ  
الْعَظِيمِ مِنْ شَرِّ كُلِّ عِرْقٍ نَقَّارٍ وَمِنْ شَرِّ حَرِّ النَّارِ

2. Stay in Sajdah for at least for 10 minutes daily.
3. Cut all the nails (hands' and feet's) and put them on back with the help of scotch tape the nails should be touched to the back. leave them for three days and remove then.

4. Cupping of back
5. Eat 1 tsp peganum harmala daily. Wash 6 times with cold water and 1 time with warm water and pat dry then use.
6. Sawiq e nakhod (chickpeas)
7. Massage with olive oil

### **Medicines in Tib e Ahlebait a.s:**

1. Daroo e Ibn e Mas'ood
2. Daroo e labani 'asal
3. Dastoor e Nakhoon
4. Black seeds+ honey
5. Cupping of the last vertebra

Once a man complained about sciatica to Imam Ali a.s. Imam a.s suggested him to put his nails (all the nails of hands and feet) on



the vein of the pain area. It is really useful and easy cure.

(Tib ul Aimma a.s pg 76)

### **Distance between vertebrates**

The spinal cord is a long, thin, tubular structure made up of nervous tissue, which extends from the medulla oblongata in the brainstem to the lumbar region of the vertebral column. It encloses the central canal of the spinal cord, which contains cerebrospinal fluid.

The spine is made up of a series of bones that are stacked like blocks on top of each other with cushions called discs in between to help absorb shock/load. is made up of 33

bones called vertebrae that stretch from the neck to the pelvis and protect the spinal cord.

**Cure of the distance between the vertebrates:**

1. In case of sciatica when the pain is in specific vertebrae or a whole leg is due to blood clot and closed veins. Then use Daroo e Lakhta E khoon.
2. Ustukhwan saz
3. Olive oil massage
4. Honey+ milk
5. Cupping
6. Sleep on firm floor
7. Tie the nails on back for three days

### Scoliosis



Scoliosis is a sideways curvature of the spine that occurs most often during the growth spurt just before puberty. While scoliosis can be caused by conditions such as cerebral palsy and muscular dystrophy.

### **Symptoms:**

- Uneven shoulders and/or hips.
- Bump in the lower back.
- Numbness, weakness, or pain in the legs.
- Trouble walking.
- Trouble standing up straight.
- Tired feeling.
- Shortness of breath.
- Loss of height.

### **Cure:**

1. Daroo e Shafia +marjoram, water
2. Jame'+ marjoram water
3. Daroo e ustukhwan saz
4. Sawiq e sinjid



## Muscular bones that come out of the body

### Cure:

Consume the food items which has no calcium, like walnut etc.

### Avoidance:

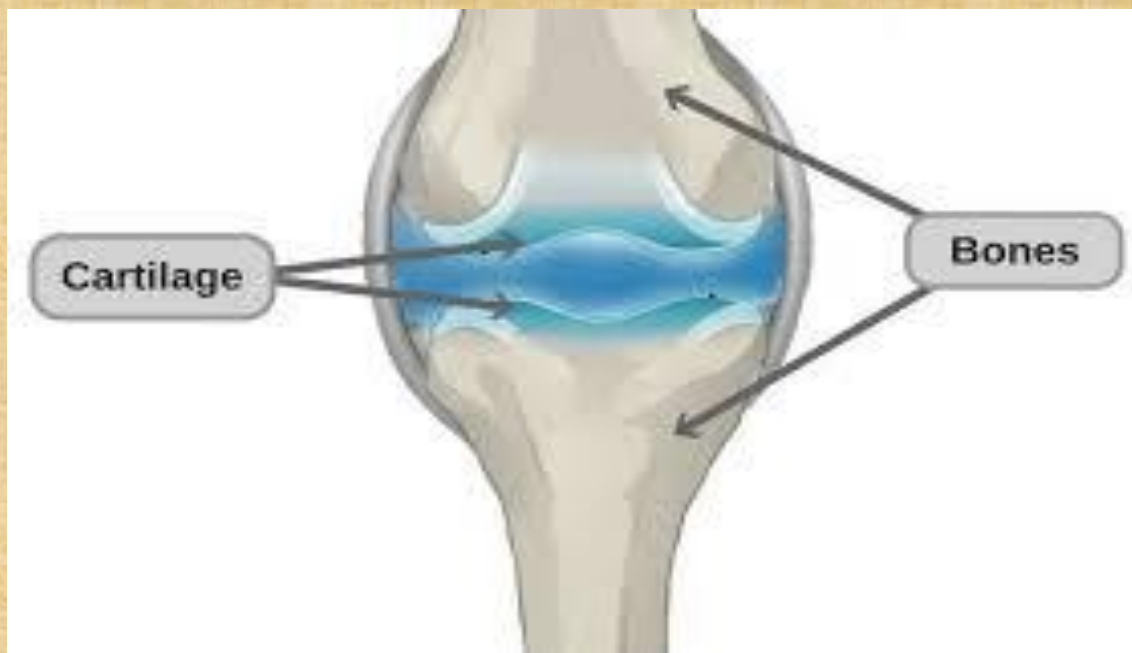
Cheese, milk, ustukhwan saz, sesame and celery etc.

## Cartilage loss, chondrosis, knee osteoarthritis



Sometimes a piece of cartilage breaks off and causes more damage to the cartilage and bone as it is ground in the joint. Common chondral lesions in the knee are: Chondromalacia / Degenerative Chondrosis (Cartilage tears away unevenly, with shallow walls)

Cartilage is an important structural component of the body. It is a firm tissue but is softer and much more flexible than bone. Cartilage is a connective tissue found in many areas of the body including: Joints between bones e.g. the elbows, knees and ankles. Ends of the ribs.



Its main function is to connect bones together. It is also found in the joints, the rib cage, the ear, the nose, the throat and between the bones of the back. Cartilage cushions joints and helps them move smoothly and easily. A membrane called the synovium produces a thick fluid that helps keep the cartilage healthy. The synovium can become inflamed and thickened as wear and tear on the cartilage occurs.

### **Treatment:**

- 1.Daroo e shaitraj
- 2.Daroo e ustukhwan saz
- 3.Daroo e pomade mafasil
- 4.Sawiq e sinjid

### **Cervical spondylosis, Arthritis of the neck**

Cervical spondylosis is a common, age-related condition that affects the joints and discs in your cervical spine, which is in your neck. It's also known as cervical osteoarthritis or neck arthritis. It



develops from the wear and tear of cartilage and bones. These changes are caused by the normal wear-and-tear of aging. With age, the discs of the cervical spine gradually break down, lose fluid, and become stiffer. It also affects the functioning of hands and shoulders. Bad position of neck during the sleep intense the pain.



### Cervical spondylosis causes

1. Bone spurs. These overgrowths of bone are the result of the body trying to grow extra bone to make the spine stronger.
2. Dehydrated spinal discs.

3. Herniated discs-
4. Injury.
5. Ligament stiffness.
6. Overuse.

### **Treatment:**

1. Sawiq e jo
2. Daroo e ustukhwan saz
3. Putting nails on it for three days
4. Cupping

### **Neck pain and disc**

Sometimes it occurs due the distance between discs which is also known as neck arthritis. The displacement of discs occurs. it causes neck pain and spreads to shoulders and fingers as well.

### **Treatment:**

1. Sawiq e jo

2. Ustukhwan saz
3. Cupping
4. Tie the nails on it for three days

### **Feet burning**

#### **Causes:**

1. Neck problem
2. Neck damage
3. Diabetes (when it is not due to neck problem)

#### **Cure:**

1. Sawiq e jo
2. Sleep without pillow for some days
3. Cupping
4. Tie Nails on neck for three days

### **Bone fracture, femoral fracture**

Trauma: This includes falls, twisting injuries, sports injuries, car accidents, or even fights.



### **Cure:**

1. Daroo e ustukhwan saz
2. Sinjid (Russian olives)
3. Sawiq e jo (barley)
4. Sawiq e Gandum (wheat)
5. Beetroot leaves

### **Muscle cramps**

A muscle cramp is a strong, painful contraction or tightening of a muscle that comes on suddenly and lasts from a few seconds to several minutes. It often occurs in the legs. A muscle cramp is also called a charley horse. Nighttime leg cramps are usually sudden spasms, or tightening, of muscles in the calf.

### **Causes:**

1. Blood disorder and impurity
2. Narrowing veins

### **Cure:**

1. Saaf kunandeh

## 2. Baz kunandeh

### **Muscle Strain ‘Convulsion**

A convulsion occurs when person's muscles contract uncontrollably. They can continue for a few seconds or many minutes. Convulsions can happen to a specific part of a person's body or may affect their whole body.

#### **Symptoms:**

1. Muscle tightness
2. Stiffness of muscles and stretch
3. Muscle pain and intense stretches

#### **Causes:**

1. Blood impurity
2. Muscles weakness

#### **cure:**

1. Daroo e Saaf kunandeh
2. Daroo e taqwiyaat e asab
3. Raisins
4. Zabib+ chamomile

## Muscle Weakness

### Neurasthenia

In which the patient's muscles become weak.  
And disturbs nervous system.

### Symptoms:

1. Tiredness
2. Weakness, irritability, low courage
3. Sleeplessness, stress, illusion
4. Dull face, high heart beat rate
5. Men weakness

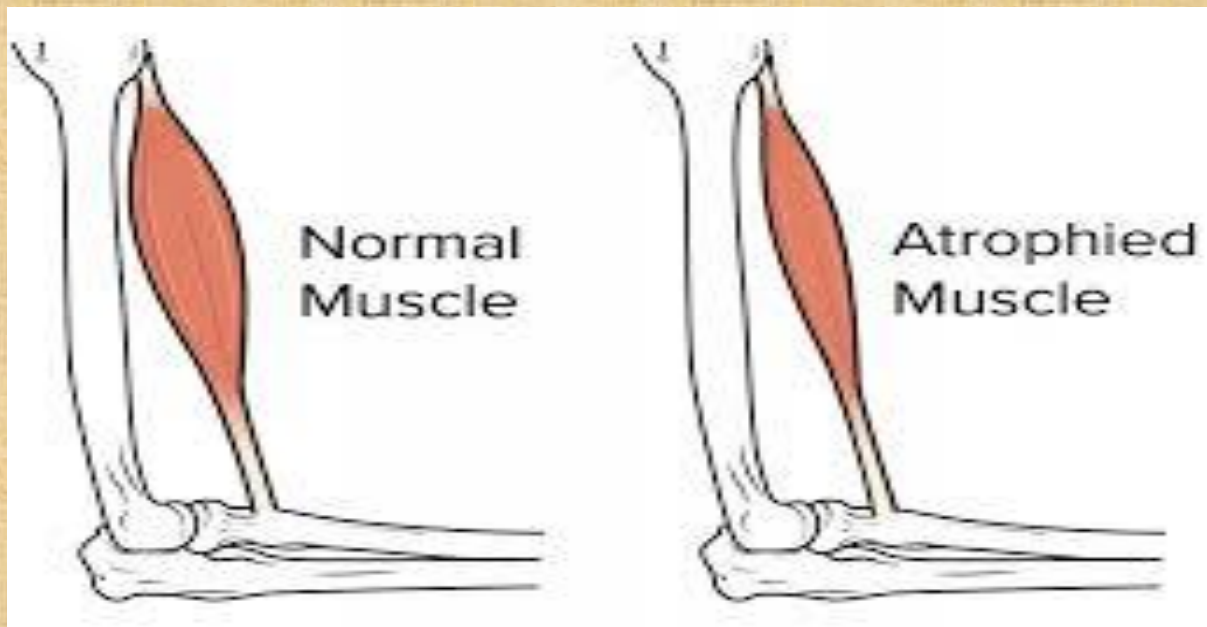
### Cure:

1. Jame'+ marjoram water
2. Shafia+ marjoram water
3. Taqwiyaat e a' sab
4. Chamomile
5. Raisins
6. Lamb's meat cooked in cow's milk
7. Sawiq e jo+ sawiq e Gandum



## Muscle atrophy

Muscle atrophy is when muscles waste away. It's usually caused by a lack of physical activity. When a disease or injury makes it difficult or impossible to move an arm or leg, the lack of mobility, hormonal disorder neural dysfunction or disturbance can result in muscle wasting. weakness, size changing, misbalancing, muscle pain etc. occurs



### Treatment:

1. Daroo e Aqal
2. Sesame oil+ violet

3. Jame' + marjoram water
4. Shafia + marjoram water
5. Massage with Olive oil + salt
6. Lamb's meat + cow's milk

### **Knee injury**

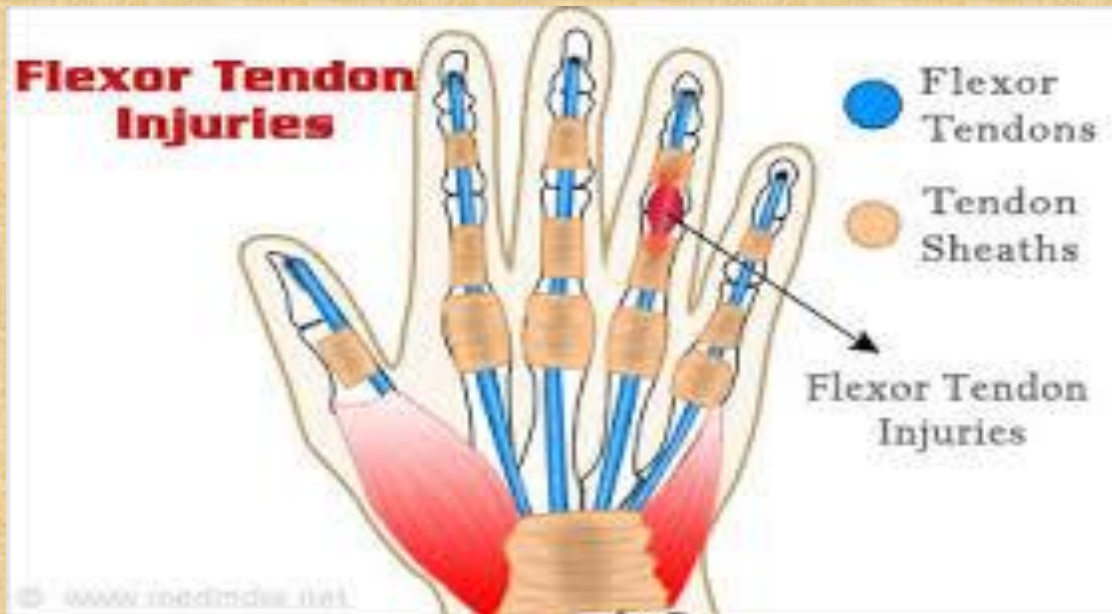
#### **Symptoms:**

1. Knee pain
2. Swelling
3. Heat
4. Redness
5. Tenderness
6. Difficulty bending the knee
7. Problems weight bearing
8. Clicking or popping sounds
9. Locking of the knee
10. Feeling of instability
11. Bruising

#### **Treatment:**

1. Daroo e ustukhwan saz
2. Beetroot leaves
3. Sawiq e sinjid

## Tendon Injury



### Cure:

1. Daroo e jam' kunandeh
2. Massage with olive oil
3. Pomade mafasil



## **Cartilage injury**

Cartilage damage is a relatively common type of injury. It often involves the knees, although joints such as the hips, ankles and elbows can also be affected. Cartilage is a tough, flexible tissue found throughout the body. It covers the surface of joints, acting as a shock absorber and allowing bones to slide over one another.

### **Cure:**

1. Daroo e shaitraj
2. Pomade mafasil
3. Daroo e Turaifel

## **Legs and joints swelling**

Cure kidneys first in case of swelling of both the legs. Swelling of one leg can be due to cartilage or joint problems.

### **Medicines:**

1. Daroo e shaitraj

2. Daroo e Turaifel
3. Pomade mafasil
4. Daroo e ustukhwan saz

### **Knee flexor muscles**

Knee pain, difficulty in bending and straightening the knees, pain etc.

### **Treatment:**

1. Daroo e shaitraj
2. Daroo e ustukhwan saz
3. Daroo e Turaifel
4. Daroo e rheumatism (in case of gas in knees)
5. Dried plum cooked with rice (in case of dryness of knees)

## **Paralysis muscles**

### **Enzyme secretion**

Heart muscles releases enzymes. The enzyme builds muscles, excrete toxins from the body and helps in digestion and increase immunity power. By muscle paralysis, spasm occurs in any other body muscle, they can't be move easily. It can occur in the muscles of arms, legs, eye or whole body.

### **Treatment:**

1. Daroo e Hazrat Muhammad s.a.w.w
2. Jame' + marjoram water
3. Shafia+ marjoram water
4. Violet+ sesame oil



## **Leg swelling**

It can occur due to an old injury, kidney dysfunction because kidneys absorb the extra fluid of the body when they do not work properly this fluid goes into legs.

Cure:

1. Daroo e maskhan
2. Murakkabe 4
3. Daroo e Turaifel
4. Russian olives
5. Daroo e shaitraj
6. Ginger juice

## **Knee effusion, fluid in the knee**

In this case, the fluid accumulates around the knees.

## **Symptoms:**

1. Redness of the skin
2. Swelling
3. Difficulty to bend the knees
4. Knee pain
5. Severe pain in case of heavy weight

## **Cure:**

1. Daroo e Turaifel
2. Pomade mafasil
3. Daroo e shaitraj

## **Muscle pain**

It occurs due to muscle weakness and disorder.

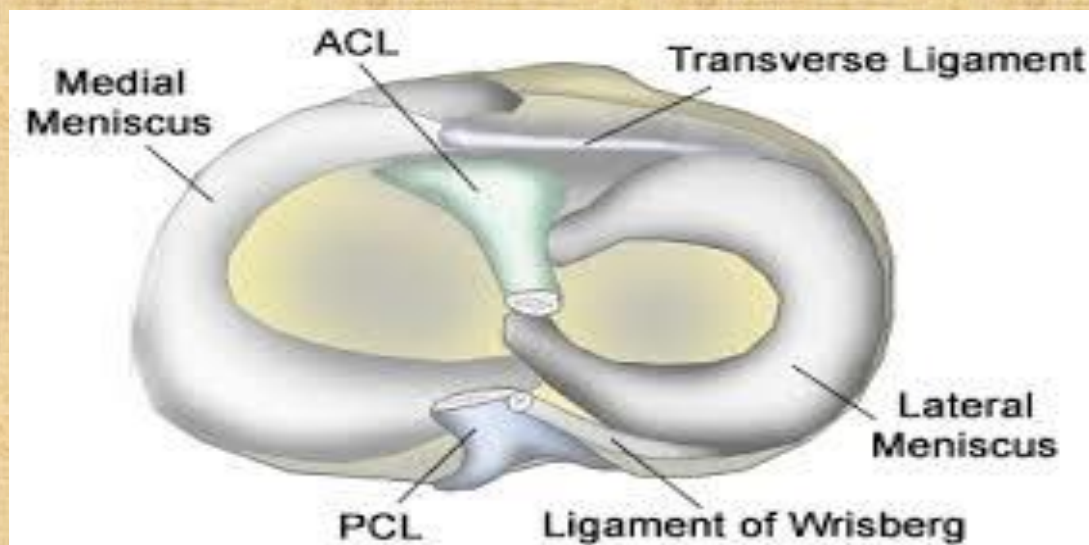
## **Cure:**

1. Saaf kunandeh

2. Taqwiyyat e asab
3. Chamomile
4. Bananas

### Meniscus knee

Meniscus is a piece of cartilage in knee that cushions and stabilizes the joint. It protects the bones from wear and tear. But all it takes is a good twist of the knee to tear the meniscus. In some cases, a piece of the shredded cartilage breaks loose and catches in the knee joint, causing it to lock up.





## Symptoms:

1. Pain in the knee
2. Swelling
3. A popping sensation during the injury
4. Difficulty bending and straightening the leg
5. A tendency for knee to get "stuck" or lock up

## Cure:

1. Mewa sarw

## ACL

The anterior cruciate ligament (ACL) is one of the key ligaments that help stabilize knee joint. The ACL connects thighbone (femur) to shinbone (tibia). It's most commonly torn during sports.



### Symptoms:

2. A loud "pop" or a "popping" sensation in the knee
3. Severe pain and inability to continue activity
4. Rapid swelling
5. Loss of range of motion
6. A feeling of instability or "giving way" with weight bearing.

### Cure:

1. Mewa sarw (medicine)
2. Momyae + vinegar

## Muscle pain from hip to ankle

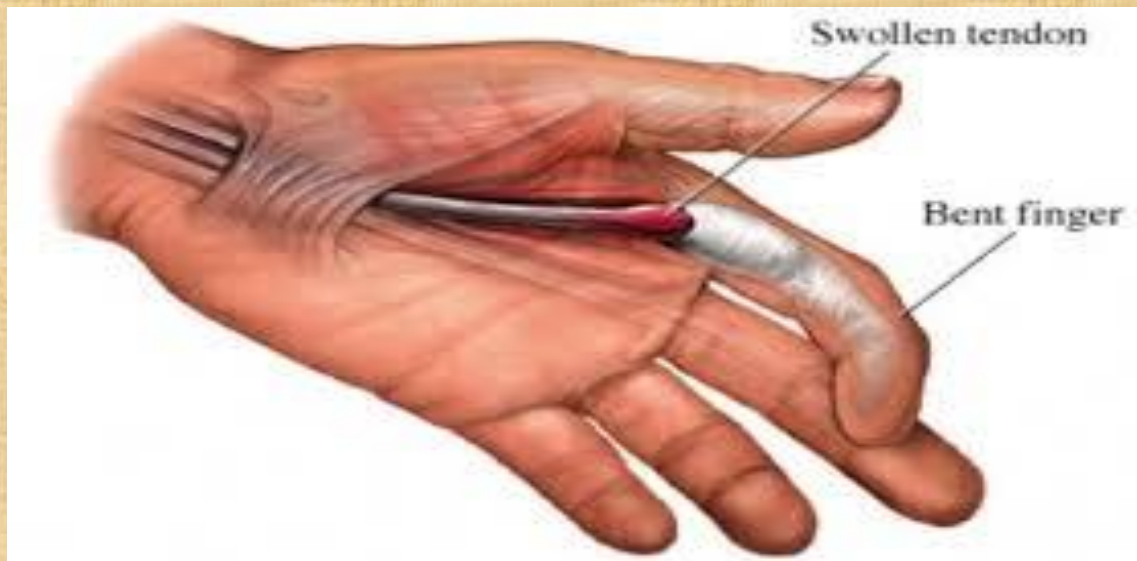
### Cure:

Daroo e Saaf kunandeh

### Tendonitis fingers

Tendons are strong cords of tissue that connect muscles to bones. Tendonitis is when a tendon is inflamed. It can happen to any tendon in the body. When a tendon is inflamed, it can cause swelling, pain, and discomfort. Another problem called tenosynovitis is linked to tendonitis. This is the inflammation of the lining of the tendon sheath around a tendon. Usually, the sheath itself is inflamed, but both the sheath and the tendon can be inflamed at the same time.





### Cure:

1. Daroo e taqwiyaat e qalb
2. Cloves+ rain water put into the jar and put in sunlight for two days then apply it on the affected area.

### Genu varum

Genu varum (also called bow-leggedness, bendiness, bandy-leg, and tibia vara), is a Varus deformity marked by (outward) bowing at the knee, which means that the lower leg is angled inward (medially) in relation to the thigh's axis, giving the limb overall the appearance of an archer's bow.

## **Treatment:**

1. Daroo e ustukhwan saz
2. Sawiq e sinjid
3. Sawiq e jo
4. Russian olives
5. Beetroot leave

## **Ankle cyst, behind the knee cyst**

### **Cure:**

1. Daroo e shaitraj
2. Daroo e Safa
3. Dua e waram
4. Basil seeds+ vinegar apply on the cyst at night

## **Outer body cyst**

### **Cure:**

1. Daroo e Safa

2. Daroo e Hazrat Muhammad s.a.w.w
3. Apply Flax seed+ vinegar at night

### **Foot tumor**

Infection and enlargement of the cyst in the foot

#### **Cure:**

1. Daroo e Safa
2. Daroo e Hazrat Muhammad s.a.w.w
3. Daroo e Turaifel
4. Qurs e khoon
5. Ustukhwan saz
6. Senna
7. Dua e waram

### **Joints' dryness**

Eat 3 dried plums at night daily



## **Excess Uric Acid Gout**

If too much uric acid stays in the body, a condition called hyperuricemia will occur. Hyperuricemia can cause crystals of uric acid (or urate) to form. These crystals can settle in the joints and cause gout, a form of arthritis that can be very painful. They can also settle in the kidneys and form kidney stones. It causes due to high protein intake and less exercising.

### **Symptoms:**

- 1.Intense joint pain that is most severe in the first 12 to 24 hours.
- 2.Joint pain that lasts a few days to a few weeks and spreads to more joints over time.
- 3.Redness, tenderness and swelling of the joints

### **Treatment:**

1. Daroo e Shaitraj
2. Daroo e Turaifel
3. Figs

#### 4. Cupping of legs and feet

Imam Ali Raza a.s said:

1. Don't copulate early at night or with full stomach it causes colic, paralysis and gout.

(Bihar ul Anwar vol 2 pg 327)

2. Don't eat milk along Nabiz (a sweet drink made with dates, which does not cause addiction) it causes gout and vitiligo.

(Bihar ul Anwar vol 59 pg 321)

3. Don't eat fish along eggs it causes gout, colic, piles and toothache.

(Bihar ul Anwar vol 59 pg 321)

### Varicose Veins

Varicose veins are usually caused by weak vein walls and valves. Inside your veins are tiny one-way valves that open to let the blood through, and then close to prevent it flowing backwards. Sometimes the walls of the veins become stretched and lose their elasticity, causing the valves to weaken.

Varicose veins are enlarged, swollen, twisted veins often caused by damaged or faulty valves that allow blood to travel in the wrong direction. To return blood to your heart, the veins in your legs must work against gravity. Varicose veins may be caused by weakened valves (incompetent valves) within the veins that allow blood to pool in your veins instead of traveling to your heart.

### Symptoms:

- An achy or heavy feeling in your legs.
- Burning, throbbing, muscle cramping and swelling in your lower legs.
- Worsened **pain** after sitting or standing for a long time.
- Itching around one or more of your **veins**.
- Skin discoloration around a **varicose vein**
- Irritability and fatigue

### Treatment in Tib Ahl e bait a.s;



1. Aloe Vera + vinegar apply on legs and massage with it for about three weeks
2. Cupping of legs and feet three times

### **Feet burning**

#### **Cause:**

Overweight

#### **Cure:**

Senna+ roses

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available online all across Pakistan.**

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